

# PRO-FORM *E-Motion*

## USER'S MANUAL

Model No. PFICVU369607.0  
Serial No. \_\_\_\_\_



Serial Number decal

### QUESTIONS ?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call: :

**08457 089 009**

or write:

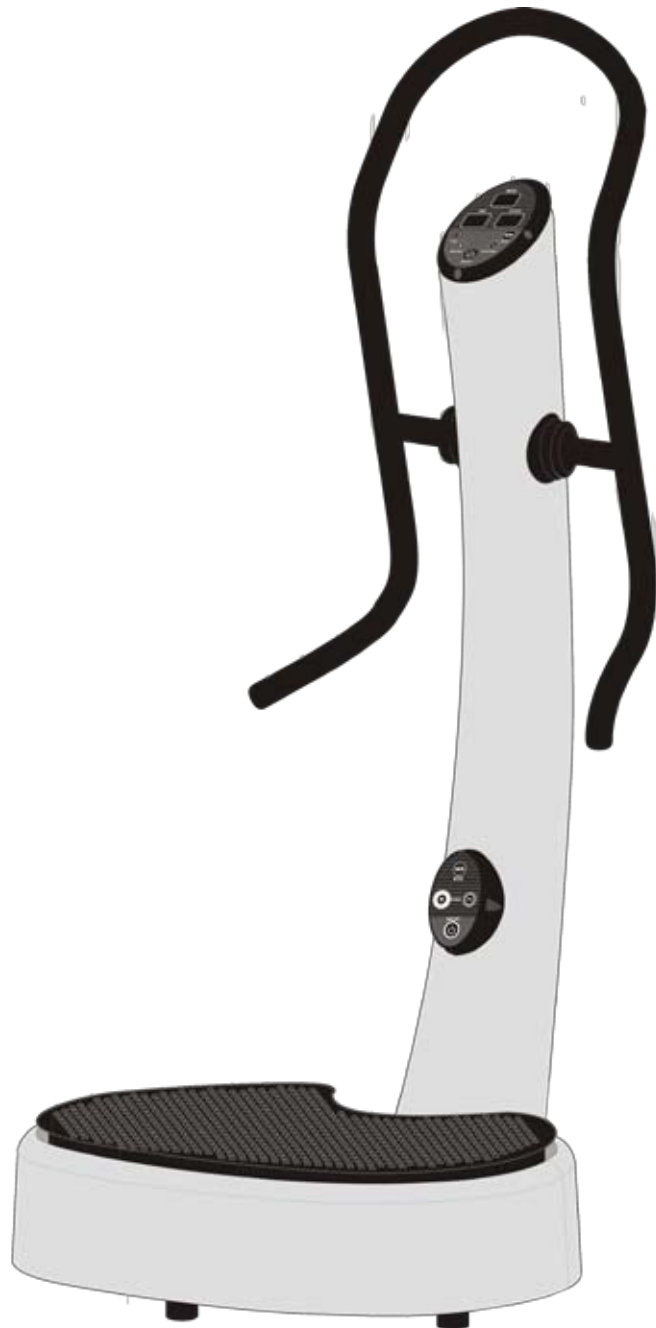
ICON Health & Fitness, Ltd.  
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Beeston  
Leeds, LS118JG  
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email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)



### WARNING

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Please visit our website for more information on the product

**[www.iconsupport.eu](http://www.iconsupport.eu)**

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# IMPORTANT PRECAUTIONS



## WARNING:

**TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS AND INFORMATION BEFORE OPERATING THE VIBRATION PLATFORM.**

1. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all warnings and precautions.
2. Operate the vibration platform only as described in this manual.
3. Do not operate the vibration platform until it is properly assembled.
4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.
5. Place the vibration platform on a level surface. To protect the floor or carpet from damage, place a mat beneath the vibration platform.
6. Regularly inspect and tighten all parts of the vibration platform.
7. Keep children under the age of 12 and pets away from the vibration platform at all times.
8. The vibration platform should not be used by persons weighing more than 110 kg.
9. Never allow more than one person on the vibration platform at a time.
10. Always wear appropriate exercise clothes and athletic shoes when operating the vibration platform. Do not wear loose clothes that could become caught on the vibration platform.
11. Keep your back straight when using the vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The following is a list of factors and conditions that may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the vibration platform.
  - Knee or hip implant
  - Pacemaker
  - Recently placed screws, pins, bolts, or spirals
  - Acute hernia, discopathy, or spondylitis
  - Serious heart or vascular disease
  - Acute thrombosis
  - Tumor
  - Serious migraine
  - Epilepsy
  - Serious diabetes
  - Recent wound due to operation
  - Fresh inflammation
  - Pregnancy
14. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.
15. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.
16. When connecting the power cord, No other appliance should be on the same circuit as the vibration platform.
17. Do not modify the power cord or use an adapter to connect the power cord to an unsuitable power socket. Keep the power cord away from heated surfaces. Do not use an extension cord.
18. Never leave the vibration platform unattended while it is running.
19. Never insert or drop any object into any opening on the vibration platform.
20. **DANGER:** Always unplug the power cord before cleaning the vibration platform and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

**! WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Icon Health & Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SAVE THESE INSTRUCTIONS**

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## BEFORE YOU BEGIN

Congratulations for selecting the revolutionary WESLO® ENERGY PLATE vibration platform. The vibration platform offers whole body vibration options that will make your workouts effective and enjoyable.

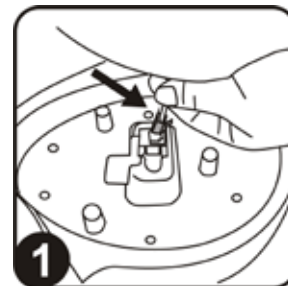
For your benefit, read this manual carefully before using the WESLO® ENERGY PLATE vibration platform. If you have questions af-

ter reading this manual, please see HOW TO CONTACT CUSTOMER CARE the back cover. To help us assist you, note your product model number and serial number before contacting us. The model number and serial number can be found on a decal attached to the vibration platform (see the front cover of this manual for the location of the decal).

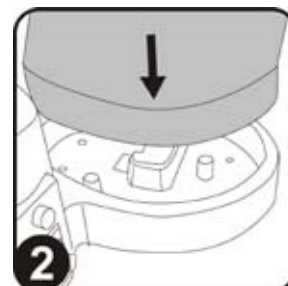
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## ASSEMBLY

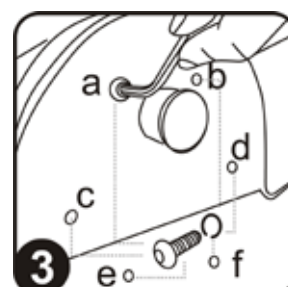
1. Connect the wire coming out from the upright as shown on picture 1.



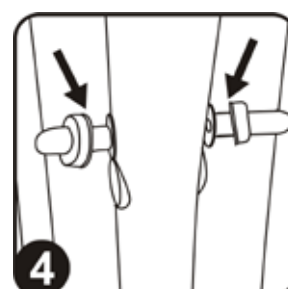
2. Place the upright in its base as shown picture 2.



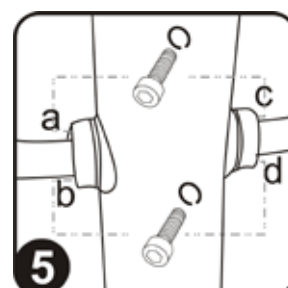
3. With the 6 M8 screws, fix the upright to the base. Do not tighten these screws at this stage. After they are all in place then tighten correctly.



4. Insert the arm on the upright. Then place the protection washer as shown on picture 4.



5. With the 4 M6 screws, fix the protection washer to the upright. Take care to add the washer M6 to the screw first. Do not tighten these screws at this stage. After they are all in place then tighten correctly.



## CONSOLE DETAILS

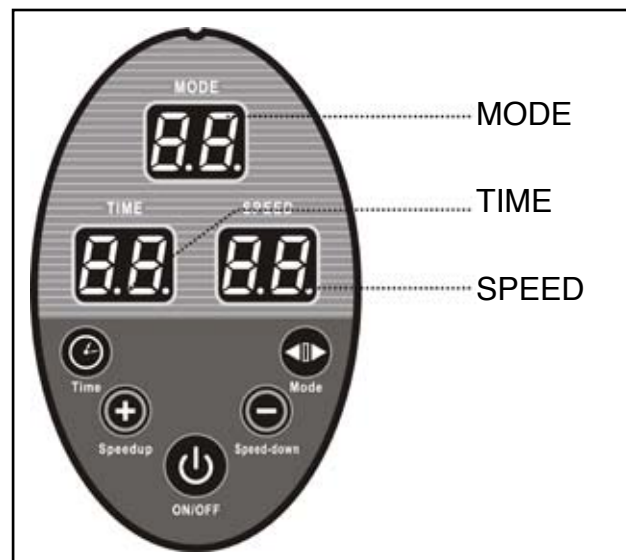
“ON/OFF” Button : Turn on electrical source, press this key and the machine begins the workout. Press this key again and this will stop the machine.

“Mode” Button : 9 different modes. 88 is a manual mode. This function you can manually adjust speed and time. P1,P2,P3,P4,P5,P6,P7 and P8 are automatic modes. When you select these modes, speed and time will run automatically. (Timing and speed cannot be adjusted).

“Time” Button : Press this key and you can adjust the Time. Each press adds one minute to the time of exercise up to a maximum of 15 minutes.

“Speed up +” Button : Press this key to increase the speed

“Speed down -” Button : Press this key to decrease the speed



## USAGE INSTRUCTIONS

Connect the power supply and press the “On” switch at the back of the machine. Then the machine is ready to use. Press “xxxx” button, the machine begins to workout. Press this button again and the machine will return stop.

Please refer to the control details instruction to operate the machine

If you intend to adopt a standing position to use this machine, please stand on the machine before you switch it on.

Please refer to the exercise example on page 10 for the ideal position on the machine.

Icon Health & Fitness accept no responsibility for injury caused by misuse of this product.

Many exercises are possible with this product, seek a professional advice from either a personal trainer or doctor.

For your safety and wellness, please do not use this product more than 15 minutes per day and 3 time per week.

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## PROGRAM DETAILS

Program 88 : Manual Program : Allows you to adjust the vibration speed between 1 to 16

Program 1 or speed Pyramidal : The speed will increase one by one to 16 then reduce one by one and return to 1. Each point will last 0,5 seconds.

Program 2 or step by step resistance : The speed will increase to 16 by even numbers then reduce also by even numbers each point will last 5 seconds

Program 3 or Interval training : The speed runs only 1 or 16 and alternate between. Each point will last 5 seconds.

Program 4 or Interval inverse : The speed will increase to 16 only by odd numbers then reduce also by odd numbers each point will last 1 Second.

Program 5 or Interval training Endurance : The speed will change only to 1,8,1,16 at those 4 points each point will last 1,5 seconds.

Program 6 or long resistance Interval training : The speed will only increase from 1 to 16, each point will last 3 seconds.

Program 7 or back Resistance : The speed will only circulate from 16 to 1 each point will last 2,5 seconds

Program 8 or Interval training endurance : The speed will change only at 1,5,9,13,9,5 and just alternate, each point will last 2 seconds.

All programs run for 10 minutes only.

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## EXERCISE DETAILS

### CALF RAISE

- ※ Posture: place the feet in the middle of the plate and lift the heels. Knees slightly bent, the back is straight and the position is maintained while looking straight ahead. Tense abdomen.
- ※ Affected area: tibialis and calves.

### SQUAT (HORSEBACK RIDING POSITION)

- ※ Posture: place feet in the middle of the plate, shoulder width apart. The knees bend approximately 80 degree (the user should be able to see the toes and part of the feet). Back straight, maintain balance. Keep weight mostly on forefoot.
- ※ Affected area: quadriceps, tibialis, and calves.

### SINGLE LEG SQUAT

- ※ Posture: step on the plate with the main foot. Place other foot along side the Vibration machine next to it. One leg is held up as shown in the diagram (90 degree or more). Hold the handle bar to maintain a straight chest and back. Maintain balance, chin slightly tilted upward.
- ※ Affected area: quadriceps.

### BICEPS CURL

- ※ Posture: step on the plate, hold the rope and maintain the tension of the arms. Bend the knees and the hip slightly. Maintain the back straight and the head is tilted upward.
- ※ Affected area: trapezius, biceps, forearms, quadriceps, and tibialis

### LATERAL SIDE RAISE

- ※ Posture: hold the rope, and lift the arms slightly. The knees are bent 20~30 degree. Tension is placed on the hip and the abdomen.
- ※ Affected area: trapezius, deltoids, tibialis, and calves.

### PRESS UP

- ※ Posture: place hands in the middle of the plate at shoulder width. Keep legs and knees straight. Bend elbows about 90 degree, and retract to the starting position.
- ※ Affected area: deltoid, pectorals, forearms, and triceps.

### TRICEP DIPS

- ※ Posture: place hands in the middle of the plate at shoulder width apart. The fingers point away from the user. Hold the feet near the machine, lift the heels, sustain the body with only the feet and the arms.
- ※ Affected area: trapezius, deltoids, forearms, triceps and pectorals.

### CRUNCH SIT

- ※ Posture: place a small mat or towel on the plate and sit on the plate. Lift the legs (together and slightly bent), move upper body toward the knees as they come up (you could put feet on step at hip width).
- ※ Affected area: abdominal.

### PELVIS STABILIZATION

- ※ Posture: place a mat on the floor. Place the toes on the plate, and keep feet together. Hold the body in a straight position.
- ※ Affected area: abdominals.

### ABDOMINAL BEND

- ※ Posture: Sit on the plate, both hands backward and hold the plate to maintain body balance. Legs bend up about 45degree angle.
- ※ Affected area: abdominal.

### HIP MASSAGE

- ※ Posture: Face to the machine. Put a mat or towel on the plate, sit on it and place each leg on either side of the machine. Hold the handlebar. Keep the back straight.
- ※ Affected area: Gluteus Maximus

### SHOULDER PRESS

- ※ Place both hands on the middle of the plate, shoulder width apart, with the fingers pointing away from the user. The feet are held near the machine, sustaining the body with only the feet and the arms.
- ※ Affected area: Pectoralis Major.

### SIDE LUNGE

- ※ Posture: keep the back straight and pressure is Place one foot on the middle of the plate, hold the handlebar and bend the knees approximately 60-90degrees. Maintain the back straight. Balance is maintained in this position, chin slightly titled upward.
- ※ Affected area: quadriceps.

### FRONT RAISE

- ※ Posture: Place one foot on the middle of the plate, hold the handlebar and bend the knees slightly. Maintain the back straight. Balance is maintained in this position, chin slightly titled upward.
- ※ Affected area: Lateral Deltoid



# EXERCISE GUIDE



Single Leg Squat



Calf Raise



Squat



Step Up / Step Down



Crunch Sit



Crunch with Twist



Leg Lift



Scissor Kicks



Calf Stretch



Hamstring Stretch



Groin Stretch



Shoulder Stretch



Calf Massage



Hamstring Massage



Quad Massage



IT band Massage



Bent Knee Press Up



Press Up



Tricep Dips



Bicep Curl

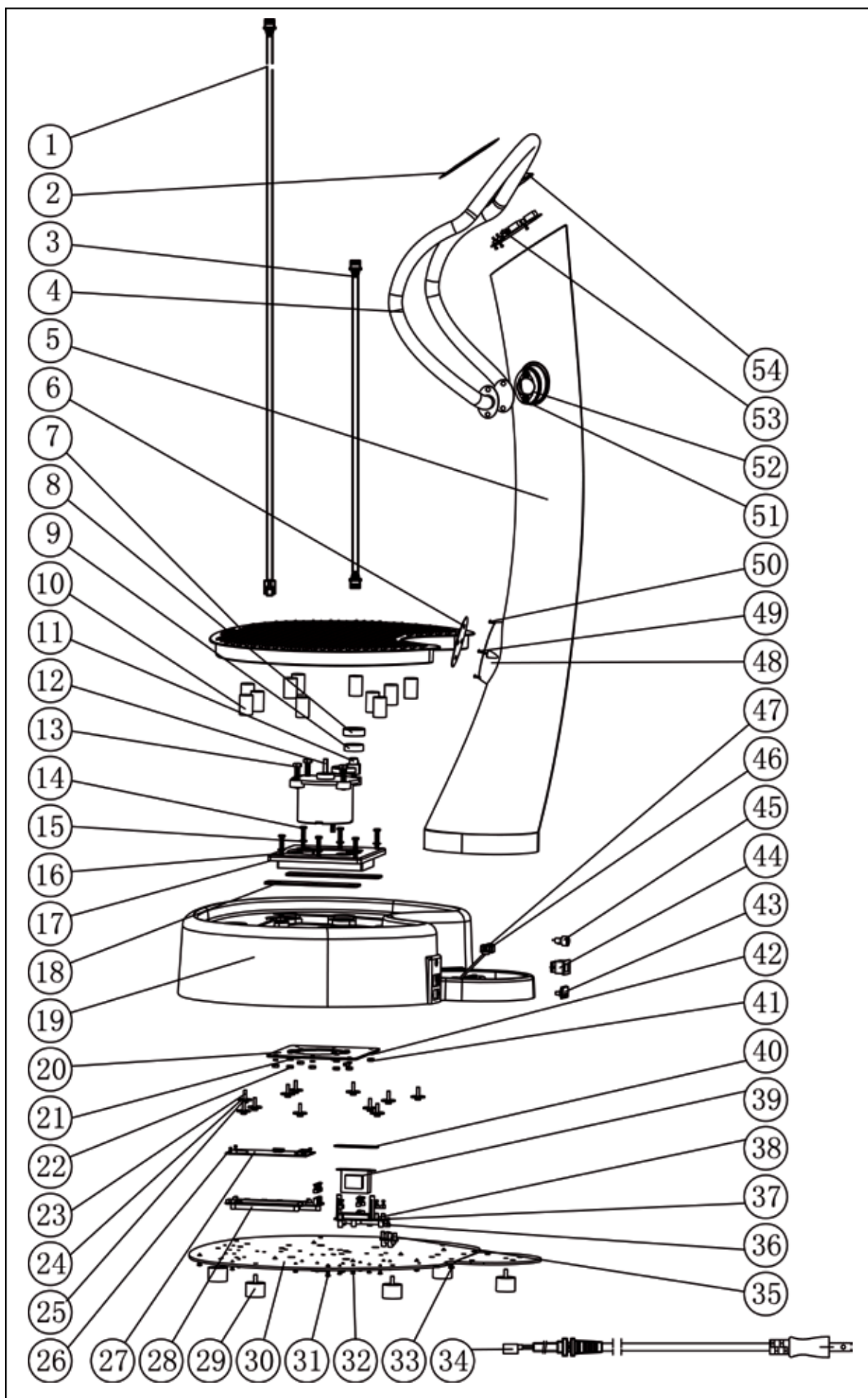


Front Raise



Lateral Side Raise

# EXPLODED DRAWING—Model No. PFICVU39607.0



## PART LIST—Model No. PFICVU39607.0

Item	Parts	Qty.	Item	Parts	Qty.
1	Long Cable	1	28	Frame of Circuit Board	2
2	Panel Sticker	5	29	Rubber Cushion	1
3	Short Cable	13	30	Iron Plate	2
4	Handle Bar	16	31	GB/T845 ST6x20 Self-tapping Screw	1
5	Upright Tube	1	32	GB/T845 ST4x12 Self-tapping Screw	4
6	Second Panel Sticker	12	33	GB/T818 M6x12 Screw	1
7	Components for Vibration Plate	3	34	Power Cord	2
8	Bearing Cover	3	35	Frame of Power Supply	1
9	Bearing Set	1	36	Side cover line	2
10	Rubber cushion	24	37	GB/T845 ST3x12 Self-tapping Screw	1
11	Flat Block	2	38	Frame of Adaptor	1
12	Motor	2	39	Adaptor	2
13	GB/T5780 M8x40 Bolt	4	40	Adapter fixer	1
14	GB/T5780 M6x40 Bolt	1	41	GB/T3632 M6 Nut	1
15	Washer	1	42	GB/T93 6 Spring washer	1
16	Rubber washer	4	43	Power cord fixer	1
17	Motor Base	3	44	Switch	1
18	PVC Cushion	1	45	Fuse	1
19	Motor Cover	6	46	Cable Stand	1
20	Big washer	2	47	Cable	1
21	GB/T93 8 Spring washer	1	48	Lower Control Board	2
22	GB/T3632 M8 Nut	4	49	GB/T845 ST3X30 Self-tapping screw	1
23	GB/T818 M5x20 Screw	1	50	GB/T845 ST3X20 Self-tapping screw	1
24	Washer	1	51	GB/T70.1 M6X20 Bolt	1
25	GB/T93 5 Spring Washer	2	52	Handle Cover	2
26	GB/T845 ST3x10 Self-tapping Screw	1	53	Control Board	
27	Power Supply Board		54	Panel	

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## ORDERING REPLACEMENT PARTS

To order replacements parts, please see the front cover of this manual for contact information. To help us assist you, be prepared to provide the following information when calling :

- Model number of the product (PFICVU39607.0)
- The Key number and description of the product of the desired parts ( see the part list)
- The proof of purchase

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### IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.** Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

